

Rebuilding Divorce Group for Children

Class Format

Session One: You and Your Family.

How your family has changed and what has stayed the same. Learning how to manage the changes and what will happen next for your family.

Session Two: Some Myths and Truths about Divorce

What beliefs are real about divorce and what other beliefs are getting in the way of you moving forward and healing.

Session Three: Feelings

How divorce makes you feel and what to do with all those feelings. Find ways to express your feelings in positive, nondestructive ways.

Session Four: Caught in the middle

Being caught in the middle of parents' conflict and loyalty struggles. What are the most common situations that children encounter when being asked to choose sides and how to keep yourself out of the conflict.

Session Five: Self-Esteem

With all the changes and transitions, it's hard to feel good about yourself and just focus on being a kid!! Remembering all the good things about you and your family and what positive changes happen with divorce.

Session Six: Changing Thoughts and Self-Talk

What thoughts are getting in the way of you moving forward and healing after the divorce. Finding concrete ways to change those thoughts and develop healthier, more adaptive ways of thinking and handling situations.

Session 7: Feedback session and Tips for Parents

How to support your child through the divorce by understanding what they are experiencing and what they need from you to successfully adjust to their life after divorce. What does your child need to hear from you and do with you to ensure their needs are getting met.

When: Classes meet monthly once a week for seven weeks. Classes are developmentally grouped to respond to specific needs of each age group (7-9, 10-12, 13-18). Dates and times are formed monthly.

Facilitator: **Monica Ramunda, MA, LPC, RPT** is a Licensed Professional Counselor and registered play therapist in private practice in Louisville. She is a Marriage and Family therapist, specializing in children and adolescents and a Child and Family Investigator for the courts. She has been working with children and families for over 15 years.

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